

CLOTHING WORK

FOR

NORTH CAROLINA HOME DEMONSTRATION
CLUB GIRLS

MAUDE E. WALLACE

FIRST AND SECOND YEAR

NORTH CAROLINA
STATE COLLEGE OF AGRICULTURE AND ENGINEERING
U. S. DEPARTMENT OF AGRICULTURE
and
N. C. DEPARTMENT OF AGRICULTURE, COOPERATING
Coöperative Extension Work in Agriculture
and Home Economics

N. C. AGRICULTURAL EXTENSION SERVICE

B. W. KILGORE, Director

RALEIGH



FOREWORD

Clothing work for club girls is divided into plain sewing and advanced work. The advanced work is the same as that given to club women, and is planned for the third and fourth year.

The outline for the first two years of club girls' sewing is arranged in six projects, three for each year.

Problems in selection and construction are given for undergarments and a simple cotton dress, and it is suggested that additional work be done on curtains, covers, and other articles which might beautify the girl's room and upon which the stitches taught can be used. At the close of the primary course each girl would be expected to make an exhibit of three pieces of underwear and a simple gingham dress made according to the outline requirements.

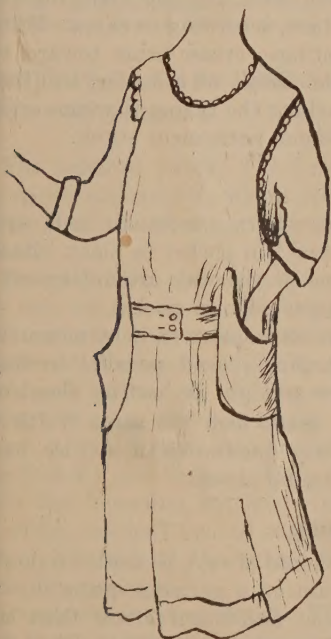
The following lesson sheets have been prepared by Miss Maude E. Wallace, Assistant State Home Demonstration Agent.

JANE S. MCKIMMON,
State Agent Home Demonstration Work.

Clothing Work for Home Demonstration Club Girls

PROJECT I—APRON

Number of Meetings, 4



CLUB GIRL'S APRON

Design or style: Ask your home agent to suggest a good work apron pattern for girls. A commercial pattern may be used or it may be cut from a well designed apron.

Materials: Flaxon, lawn, dotted swiss, dimity, percale, gingham, unbleached muslin.

Amount of materials: Twice the length from shoulder to the bottom of skirt, plus six inches to allow for a three inch hem.

Directions for construction: Straighten material, if crooked. Fold material lengthwise and place pattern upon it. Pin carefully. Note if seam allowance is made. Mark location of pockets. Cut carefully. Belt should be torn, rather than cut, lengthwise the goods. Clip selvages every two inches to keep the seam from drawing after the apron is washed. Baste hem one and a half inches on each side of center back.

SEAMS

To make seams: Join shoulders and underarm seams with a one-fourth inch French seam, which is done by placing the two wrong sides together. Baste on the seam line and stitch one-eighth inch outside this basting. Remove basting, trim the edges to a little less than

one-eighth inch from stitching, and crease both edges to one side. Turn material so that the two right sides are together, creasing the edge right on the line of stitching. Baste one-eighth inch from the edge and stitch close to the basting. Remove basting and press the seam. A French seam should be even, seldom more than one-eighth inch wide when finished, and should show no ravelings.

FINISHES

To finish neck and armholes: Cut a bias facing one inch wide or use commercial bias binding. Baste around neck opening and armholes, then stitch. (Bias facing may be placed on right or wrong side of apron, depending on whether the finished facing is to be on right or wrong side.) Baste a one-fourth inch seam, keeping edges together and holding bias piece even or full or taut, according to curve. Stitch close to basting thread. Remove bastings; crease seam toward the garment. Turn facing to the other side exactly on stitching and baste to folded edge. Turn in outer edge, making the facing the same width throughout. Baste, then fasten with some permanent stitch.

POCKET

Putting on pocket: Hem the pocket. Turn one-fourth inch, turning to the wrong side. Put apron on and pin pocket in place. Baste, then stitch. Stitching should be done all the way around twice, so that no cut ends of thread come to upper edge of pocket.

To put in hem: Put on apron. Have some one even it by measuring with a yardstick and marking with pins placed parallel to floor. Take off apron and crease on this line and put in basting about one fourth inch from this crease. Next mark hem the same width all way round. Even off on this line, turn in one-fourth inch twice, baste and hem, using machine or hand hemming stitch.

BUTTONHOLE

To make buttonholes: Buttonholes should always be made on double material. Whenever there is any strain on a garment, make the cut at right angles to the edge of garment and never closer than one-fourth inch to edge. Mark place for buttonhole with pins. Then fold material halfway between pin and marks and cut exactly on a thread. Next, overcast to prevent raveling. Hold buttonhole over first finger. Begin without a knot and at end farthest away from finished edge of garment. Point needle to left shoulder so as to make a slanting stitch. Make three or four of these stitches on each side of cut about one-fourth inch deep.

To make buttonhole stitch: Point needle at right angles to edge and take a stitch one-eighth inch deep. Hold buttonhole so that it lies flat on top of first finger. Do **not** spread it open. Throw the double

read from the eye of the needle around the point in the same direction as the buttonhole is being worked from right to left. Draw needle through, pulling thread at right angles to and toward the cut edge. This forms a purl which keeps the buttonhole from wearing. Continue until corner is reached.

SEWING ON BUTTON

Sewing on button: Start with double thread and make two stitches, one over the other to fasten the thread. String button on needle, place pin over top of button, sew with stitches crossed back and forth through the holes of button. Place stitches so that pull of button comes on warp threads of the garment. Remove pin.

NOTE—Acknowledgment is made of material gathered from the Clothing Club Manual issued by the Extension Division of the University of Illinois.

PROJECT II—CARE AND REPAIR

Number of Meetings, 3

PATCHES

The hemmed patch: The hemmed patch is strong and is used on garments and articles which are often laundered or given hard wear. Therefore it is used on household linens, undergarments, and house aprons.

Process: First cut away the worn portion of the garment around the hole until a square or oblong is formed. Start at one side of the hole and cut out a thread until all the torn part is gone. From each corner of this opening clip diagonally outward for about one-eighth inch and turn edges of hole to the wrong side. Cut a patch large enough to cover this hole easily. Pin and baste this patch on the garment, with the right side of patch to wrong side of garment, matching threads and design. Hem the edge of the garment to the patch with fine hemming stitches. On the wrong side, trim off the patch to within one-half inch of edge of the hole. Turn edge of patch under one-eighth inch to the wrong side of the garment. Baste and then hem into position.

Overhand or set-on patch: This patch is very neat and less noticeable than the hemmed patch; therefore is used for outer clothing. It is less serviceable, though, for it is joined with only one seam. Prepare the hole as described above. Clip diagonally outward from the corners one-fourth inch and crease the edges to wrong side. Cut a piece of material for patch large enough to cover hole easily. Place as described above. Next mark outline of hole on patch. This may be done by creasing or using chalk or bastings. Remove from one side of the hole the bastings which hold patch and garment together. Next overhand the two edges together with small stitches and continue till all edges have been overhanded.

DARNING

Stocking darn: Holes in stockings are repaired by darning with soft threads that match the stocking.

Directions: Turn stockings wrong side out for a leg darn, but feet are darned from the right side. Place darning inside and smooth stocking over it. Trim off ragged edges with scissors. Outline with a basting thread in the form of a diamond around space to be darned. Put in lengthwise or warp threads first, leaving a little loop of darning cotton at each turn. Do not draw threads too tight. Then begin one-fourth inch from top and work crosswise or woof threads in the same manner. Repeat until space is filled. Remove guide line. Finished darn should be smooth.

PROJECT III—NIGHTGOWN

Number of Meetings, 4 or 5

Design or style: Simple kimona.

Materials: Cambric, muslin, longcloth, nainsook, crepe.

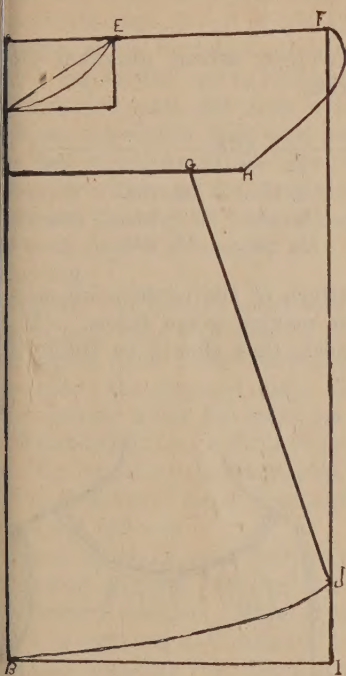
Measurements: Take measure from highest point of neck to the floor. Allow one inch for shrinkage and three inches for hem. Measure one-half of chest, plus length of sleeve.

Bust measure: Measure around fullest part of bust and add two inches to insure comfort.

Material required: Twice the length from shoulder to floor (taken as above) of material thirty-six inches wide, plus three inches for hem.

Lace: One and three-fourth yards.

To draft pattern:



NIGHT GOWN

AB=Length from shoulder to floor.

AD=4 to 5 inches.

AE=5 to 6 inches.

DE=Line of neck (round, square or pointed.)

AF= $\frac{1}{2}$ width of chest plus length of sleeve.

CG= $\frac{1}{4}$ bust + 1 inch.

GH=Desired length of inside sleeve.

BI= $\frac{1}{4}$ of width of bottom.

GI=Underarm seam.

BJ=Bottom curve.

To cut: Fold material in middle lengthwise; then fold crosswise. Place pattern so that AF and AB come on folded edges. Pin securely and cut, allowing one-half inch for seams and a hem of three inches.

To make: French seams are best for underarm seams. (Described in apron lesson.)

Neck and sleeve finish: These may be finished with bias facing or bias seam tape. (Refer to

apron lesson.) A hem one-eighth inch wide may be used. On the edge of this finish, lace or other trimming may be used. This trimming will be put on by overhand stitch. Whatever the trimming, be sure it is well made of fine thread, and if any color is used it must be very delicate. All white is the best for under clothing.

Putting in the hem: Try on gown. Have another club member see if the length is even. Place a pin at the shortest point, another corresponding to the length at front, another at side, and one at back. Take off gown and trim evenly at bottom, using these pins as guides. Crease and turn one-fourth inch first, then turn three inches for hem and baste in place. Lay any fullness in small plaits turned backward. Stitch on machine or put in hem by hand.

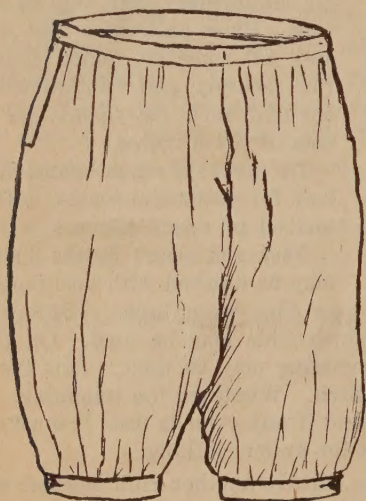
PROJECT IV—BLOOMERS**Number of Meetings, 4**

Materials: Muslin, cambric, cotton crepe, sateen, gingham, chabry, poplin, or material to match dress.

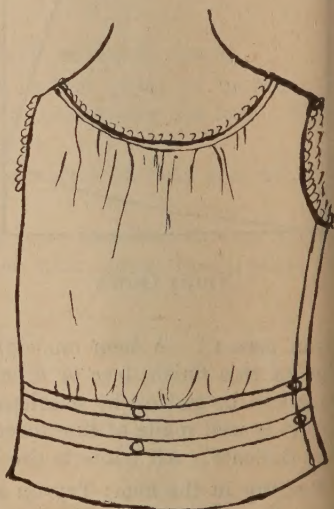
Amount: (Full bloomers):

	AGE			
	10	12	14	16
Material, 27 in.	2¼ yds.	2½ yds.	2¾ yds.	3 yds.
Material, 36 in.	1½ yds.	1¾ yds.	2 yds.	2¼ yds.
Material, 40 in.	1⅓ yds.	1½ yds.	1⅔ yds.	2 yds.

Pattern: Any good commercial pattern of the proper size may be used if it conforms to directions for making given below. (If the bloomers are used for gymnasium work, they should be fuller than if used for an undergarment.)



BLOOMERS

GIRL'S UNDERWAIST TO BE
USED WITH BLOOMERS

Cutting: Place pattern on material, pin and cut carefully.

Directions for making:

Make plackets first. You may cut a six-inch placket on each side or one ten-inch placket on the left side.

Bound placket: Plackets should be made so that the right side of the garment will lap over the left. Cut a lengthwise strip of material twice the length of the placket opening, plus one inch and two and

one-half inches wide. Next baste this strip to the right side of the bloomers, with edges even. Baste one-fourth inch from edge to within one-fourth inch of end of placket. Instead of basting around end of placket, stitch by hand, allowing the seam to come nearer the edge and being careful not to pull or pucker the material at the turn.

Turn this seam and press it back on the placket.

Make one-eighth inch turn and lay the turned edge so as to cover the first stitches. Stitch close to edge of turned hem. This second stitching will be on the right side.

Crease the edge of placket very flat at bottom of slit and fold over a back part of bloomers. At the bottom of slit make two rows of stitching.

Seams: The flat fell seam should be used. Make a plain seam three-eighths inch wide and stitch. Trim edge on front part of garment to one-eighth inch. Turn extended part over one-eighth inch so that it just meets the trimmed edge. Baste this down to material and stitch, thus making a flat fell seam one-fourth of an inch wide.

Waist band: Cut a strip of material three and one-half inches wide and the length of the waist plus one inch.

The fullness at top of bloomers may either be gathered or plaited in. Adjust fullness.

Place the right side of strip to right side of bloomers, allowing strip to extend one-half inch beyond the edge. Be sure the placket is in the desired position. Make a plain seam one-fourth inch from edge. Turn in ends one-half inch and turn down top of strip one-fourth inch.

Baste, covering raw edges of seam.

Hem by hand or stitch by machine.

Buttonholes: (See Project II.)

Lower edge of bloomers: The lower edge may be finished with a plain hem three fourths inch wide. Hold fullness in place with elastic one-half inch wide inserted in hem. Bloomers may also be finished at bottom with a plain band and placket. These are more hygienic garments for the young girl.

Rubber restricts at the knee. The same directions for band and placket as given above would apply.

PROJECT V—PRINCESS SLIP

Number of Meetings, 6

Materials: Longcloth, nainsook, muslin, sateen, and cambric are suitable materials.

Pattern: Any standard pattern, but the style must be simple and suited to the age of the wearer. The Home Demonstration Agent will advise as to your particular needs. For young girls the size is determined by age; for older girls by measurements. For the small girl the

slip should be a straight cut garment, for the larger girl it may be closer fitting. Amount of material, see pattern. It is usually twice the length from shoulder to bottom of dress, plus amount desired for a hem and for letting down.

Trimming: A simple trimming should be used. A narrow lace embroidered edge is suitable. Remember, the lace must be of a kind to launder and wear well. Elaborate or showy decorations and gaudy colors are not in good taste on undergarments. Cotton and linen tapes for the drawstrings are better than silk ribbon in a cotton garment.

Cutting: First read carefully all instructions on pattern. Open pattern; see if length is right. If too long, make a fold in each piece half-way between hip and bottom. If too short, cut at the same place and allow desired amount. Test the size of bust of pattern with measurements. Alter by laying in a fold from shoulder to waist if too large, or cutting and spreading if too small.

Place pattern on material in the most economical way; pin and cut with long even strokes, that jagged edges will not be left.

Directions for making: Baste seams, with notches matching, on right side. French seam (directions given in Lesson Sheet I.) Baste back seam, beginning from the notches marking lower end of placket to bottom of skirt.

Baste shoulder seams on right side. Note that notches must match. Try on, then make any alterations necessary in seams. Stitch and finish French seam.

Placket: Sometimes the slip is put on overhead and sometimes it is opened on the shoulders. If a placket is used, it consists of an underlap and facing. Baste and stitch facing to right side of placket. Turn to wrong side. Turn in raw edge, baste and stitch. Then baste and stitch underlap on the left side of placket.

Neck and arm-hole finish:

1. Bias binding or bias tape and lace sewed on by hand.
2. Edge hemmed and lace sewed on by hand.
3. Embroidery on the edge without a binding.

Hemming the garment: Even bottom of slip by trying on the garment and having another club member mark the desired length from the floor. Then put in hem as directed for nightgown.

If ruffle is desired:

1. Cut a gathered ruffle one and one-half times the length of space it is to occupy.
2. Join pieces of ruffle with small French seams.
3. Divide into quarters and gather each quarter, fitting these to the corresponding quarters of the skirt.
4. Pin and baste in place.

5. Machine stitch; remove bastings.
6. Cover raw edge of ruffle with braid, bias tape, or one-half inch plait. (Remember, this extra inch must be allowed in length if plait is used.)

PROJECT VI—THE SIMPLE DRESS

Number of Meetings, 6

It is most important in working out this problem that you should study your figure and select lines that are becoming. To do this we must consider: the design of the pattern as well as the design of the material, remembering that vertical or up-and-down lines give height, and horizontal or crosswise lines give width and suggest roundness. Ruffles, tucks, spotted materials, plaids, and wide belts should be worn only by the slender girl. The girl who is pleasingly plump may find the striped material, the pointed V necks, the panels and narrow belts more suitable to her type.

Color is also important, and must be considered if we are to get the best results. Remember that simplicity in color shows refinement, and we must avoid using many colors together. A one-color costume is good with a touch of contrasting color used wisely. Our plump girl must remember that bright colors tend to make the wearer stand out and seem larger. Since the stout girl desires to be inconspicuous, she will select the neutral shades and tints. Select a color that brings out the color of the eyes and makes the complexion more clear.

Materials: Gingham, chambray, Japanese crepe, linen, or any other washable material.

Pattern: After discussing your problem with your Home Demonstration Agent, select a good commercial pattern. Study directions on the envelope or chart and be sure you understand the marks and parts. Know what the parts are, what the perforations mean, what the seam allowance is, what the notches mean, etc. Then, using your own measurements, check to see whether these agree with your pattern measurements.

It is much easier to make alterations in the pattern than it is in the material. Be sure that the chest measure is great enough as well as the width of the back.

Directions for making: Place pattern on material according to instructions given. Pin and cut.

Seams: First baste, then fit waist to test neck size and arm's-eye. Adjust underarm and shoulder seam. The kind of seam used will depend on type of material and style of dress. For thin materials French seams are usually best; for heavy materials a plain seam may

be used, finished with overcasting. (Directions for French seam given in Lesson Sheet I.)

Putting in sleeves: Pin sleeve into arm's-eye according to notch which should always bring sleeve seam to lower side of arm's-eye. Be sure sleeve does not draw. Any slight fullness in the sleeve should be scattered over a distance of about three inches, beginning at the shoulder seam and extending to the front. Back of the shoulder seam the sleeve should fit easily without any fullness. Baste carefully, holding sleeve toward you, stitch and finish raw edge with bias binding or overcasting. (To put on bias binding, refer to Lesson Sheet I.)

Skirt: If dress is not in one piece, the following suggestions may be used for skirt: Baste side seams and allow about nine inches for a placket. (Refer to Lesson Sheet V.) Gather top of skirt with double row of gathering and sew skirt to belting. Pin side seams in position. (Hang skirt according to directions given for nightgown in Lesson Sheet III.) Dress should be lapped from right to left, buttonholes being made on the right side. (Refer to directions for making buttonholes in Lesson Sheet I.)

No raw seams should be left in any part of dress.

Attach collar and cuffs according to directions on pattern.

STITCHES AND SEAMS

Basting: The use of a long running stitch in which stitch and space are of equal length or in which the space is longer than the stitch, is called basting. The former is even basting and the latter is uneven basting. Use a knot in the end of the thread, to save time and apply when you wish to hold two or more pieces of material together.

Running stitch: This stitch is used for sewing seams on which there is no strain, also for gathering. Start with a knot on the long side of the goods and work as in even basting, making the stitches as small as is advisable with the quality of material and effect desired, and the same size on both right and wrong sides of material.

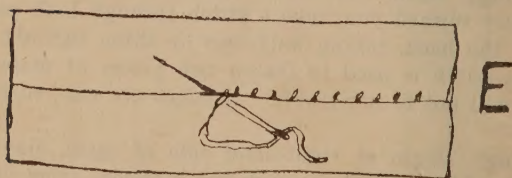
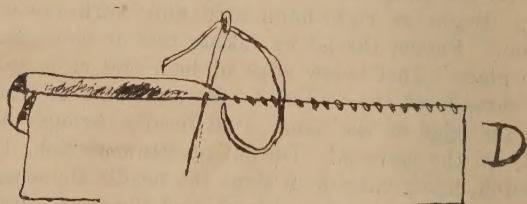
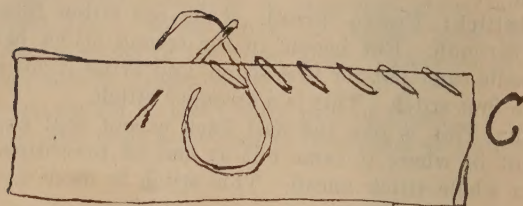
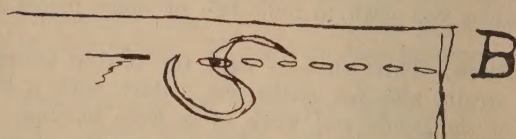
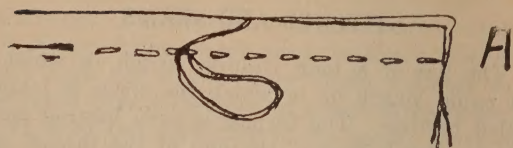
Half backstitch: Fasten thread. Take one stitch forward. Pull thread through. Put needle in for second stitch halfway back where needle came out for first stitch, and bring it out a full stitch ahead of the first stitch. This is a stronger stitch.

Backstitch: This is like the half back except that each time the needle is put in where it came out at end of preceding stitch and comes out a whole stitch ahead. This stitch is used where there is a strain on the garment.

Hemming: Begin at right-hand side and work toward left. Do not use a knot. Fasten thread by taking two or more small stitches at the same place. Just below edge of hem and close to it take up one or two threads of the material. Point needle to left and come through the edge of the hem. Pull needle through until thread lies smoothly on the material. Do not pucker material. Continue as with first stitch, being careful to slant the needle the same way each time and keep stitches the same length and the same distance apart.

Overhanding: Baste two edges together. Fasten thread. Point needle directly toward you, take a stitch through both pieces of material, from the back, taking only two or three threads of the material. This stitch is used to fasten two pieces of material so that the joining will not be noticeable. If edges are raw, turn in on each side.

Overcasting: Begin at right-hand side of seam, slant needle toward left shoulder, put it through the material from one-eighth to one-fourth inch from the edge, depending on how much the material frays. Do not pucker material by drawing stitches too tightly. Make stitches the same distance apart as they are deep. This stitch is used to keep raw edges from raveling.



- A. RUNNING STITCH
- B. HALF BACKSTITCH
- C. OVERCASTING STITCH
- D. OVERHANDING STITCH
- E. HEMMING STITCH

SEAMS

Plain seams: Baste or pin together the two pieces of cloth. Stitch together on machine or by hand. This is used where material is heavy where edges may be bound or overcast.

Bound seam: This is like the plain seam except that a strip of binding is sewed over the edges to keep them from fraying.

French seam: Stitch first with raw edges to the right side. Trim one-eighth inch from stitching, crease exactly on stitching and stitch again far enough from the edge to cover the raw edges. This second stitching brings the seam to wrong side of garment where it should be.

Flat fell: Baste together so that one piece extends beyond the other from one-eighth to one-fourth inch, according to the thickness of material. Stitch one-eighth to three-sixteenths inch from edge of inner piece. Remove basting. Fold over the edge of the extended piece. Crease seam carefully, that cloth may lie flat when seam is finished. Baste flat onto the material. Stitch on machine close to this edge or hem by hand.

French fell: Baste together two pieces so that one extends one-eighth inch beyond the other. Fold the piece that extends one-eighth inch. Crease so that edge of fold just covers the line of basting. Baste in place. Stitch. This is suitable for thin materials.

